

Friday

Mostly sunny  
Lo: 33°F  
Hi: 55°F

Saturday

Mostly sunny  
Lo: 31°F  
Hi: 50°F

Sunday

Mostly sunny  
Lo: 32°F  
Hi: 48°FSheppard woman  
has Wichita Falls  
boardgame made

See Page 6

SEASONS  
GREETINGS

# Sheppard Senator

Combat Capability Starts Here



Vol. 57, No. 49

Sheppard Air Force Base, Texas

December 17, 2004

## Children benefit from Team Sheppard

*More than 200 children receive early presents at Sheppard's annual 'Give a Child a Christmas'*

By Senior Airman Chris Powell  
Sports editor

It was a kid's dream and trash man's nightmare as hundreds of gifts including Barbies, Xboxes, bikes and clothes were opened and wrapping paper was strewn across the concrete floor of hangar 1090.

More than 200 less-fortunate children from the local community received an early Christmas Friday when they came to Sheppard for the 2004 Give a Child a Christmas Party event.

"The purpose of the event today is to spread Christmas cheer for all the children and let them have a wonderful time," said 2nd Lt. Weilin Lin, the event coordinator.

Children from Sheppard, Bonham, Fannin and Houston Elementary schools came to the base and were given gifts bought by Team Sheppard members.

"This is a great event for us to take care of great people in our community and to give them

an early Christmas," said Col. H.D. Polumbo, 82nd Flying Training Wing commander.

"I'm so excited," said Renee Guerrero, 9, from San Houston Elementary. Guerrero received a Barbie doll, clothes, coloring books, board games and water colors.

Lieutenant Lin said if there's one thing he'd like for the children to take out of the day is that they'd know "there's a lot of love in the world, and all these wonderful folks are giving their time and money to spend time with them because they care."

As always, Santa arrived to spread joy at the party. But instead of riding his sleigh, he showed up in a T-37 Tweet to take pictures with the children.

There was also cookie decorating, ornament making and free pizza. Members of the Euro-NATO Joint Jet Pilot Training program presented "Christmas around the World." They showed children how countries in NATO celebrate



Photo by Airman 1st Class Jacques Lickteig

A student from the Wichita Falls Independent School District gets ready to give Santa his Christmas wish during Sheppard's annual 'Give

a Child a Christmas.' More than 200 children were the beneficiaries of generous Team Sheppard personnel.

See CHILD, Page 4

On the

Command chief  
used to helping  
Airmen

Command Chief Master Sgt. Douglas Kesler is no stranger to taking care of Airmen.

He spent a little more than nine years as a first sergeant, picking up the duty the day he sewed on master sergeant, in several different units at three bases Edwards Air Force Base, Calif., Moody AFB, Ga., and Robins, Ga., he said.

"My job has been focused on taking care of people," Chief Kesler said.

He said he was able to hold onto a first shirt position that long by moving around and finding new challenges, which also helped form his perspective and broaden his understanding of Airmen's issues.

For full story,  
see Page 5.

General sends  
holiday message

Can you believe the holiday season is upon us already?

It seems that every year the lead up to Christmas and New Year's gets busier and busier... a huge stress on our already jam-packed schedules. It is important for all of us to take the time as the wing goes through the annual student Exodus, to slow down a bit and recharge our batteries.

This season is the time to reflect on the things that we hold dear and express our appreciation for the blessings we all enjoy. We are truly blessed to be living in a free country and to be members of the world's greatest air and space force.

For full story,  
see Page 7.

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## Joy to

365th looks out for  
Wingman, adopts unit  
for the holidays

By John Ingle  
Editor

Most people are thinking of their families during the holiday season, scurrying about to find that perfect gift to bring cheer to those who receive it.

The 365th Training Squadron got into the holiday spirit early as they sent presents and stockings to a seven-person unit serving at a deployed location.

Capt. Ashley Cannon, combat avionics flight commander at the 365th, said the squadron "adopted" members of the Combined Air Operations Center that is responsible for all aircraft maintenance for Operation Iraqi Freedom. The location of the group has been withheld for security reasons.

In an e-mail correspondence between Captain Cannon and Maj. John Bell, the commander of the group, the major said the gesture of good will and desire of the Sheppard squadron to "look out" for the group would be an enormous morale boost for the maintainers and suppliers.

"This is really cool of you guys," Maj. Bell wrote. "Christmas will be tough over here and this will help make it a better day for everyone."

Captain Cannon said the initiative to sponsor the group wasn't to gain recognition, it was to say thank you for allowing others to stay home during the holidays.

"These guys are paying the price for us over the holidays so we can be with our families," he said.



Courtesy photo

Students in the 365th Training Squadron wrote personalized messages on this bed sheet Christmas card and sent it to personnel in the Combined Air Operations Center at

For lack of a better term, the initiative "snow balled" from a small element effort into a total squadron effort, Captain Cannon said. Even more than that, Sheppard's Top 4 made contributions to the holiday presents.

Among the gifts sent to the group were a U.S. Air Force Monopoly® game, books, coffee and a bed sheet Christmas card with well wishes from students in the 365th.

"It's pretty inventive that they came up with that," Captain Cannon said.

Major Bell said he and others in the CAOC were surprised at the number of Airmen who signed the sheet and the comments they wrote.

"They were very positive and seemed excited about being in the Air Force," he said. "Many said they are looking forward to getting their chance to come over here."

Lt. Col. Kent Wong, commander of the 365th TRS, is he is honored to have members of his squadron take the lead on supporting the men and women who

an undisclosed location in the Middle East. The 365th adopted the seven-person unit and sent presents as well as seasons greetings to the group.

are serving overseas.

"Since we don't deploy too many people from Sheppard, it's easy to forget all the deployed Airmen and the personal sacrifices that they're making at various deployed locations throughout the world," he said. "I'm extremely proud of my folks here and their outstanding initiative to remember a few of those deployed away from their families during the holiday season, who are doing a

See ADOPT, Page 2

## Welding training gets heated up

Detachment introduces new concept in welding training

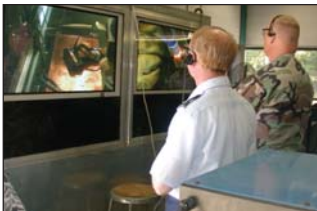
Story and photos by Yvonne Johnson

Aberdeen Proving Grounds News

Innovative instructors with the 361st Training Squadron, Detachment 1, a part of Aberdeen Proving Ground's U.S. Army Ordnance Mechanical Maintenance School, have introduced a new concept in welding training with the implementation of two state-of-the-art welding demonstration booths for use in its Aircraft Metals Technology training course.

The booths represent a significant enhancement to what had been a low-technology training method, and are

See WELD, Page 4



Maj. Steve Pratt, commander of the 361st Training Squadron's Det. 1 at the Aberdeen Proving Ground, Md., and Col. Merritt, commander of the U.S. Army Ordnance Mechanical Maintenance School, watch monitors in a new welding demonstration booth at the aircraft metals technology training course. The school's two new booths allow instructors and students to safely communicate while learning the ins and outs of welding.

## 2 selected for AETC Torch Bearer program

Courtesy of the 882nd Training Group

Staff Sgt. Brian Westington and Staff Sgt. Nathan Davis of the 882nd Training Group were recently selected for the Air Education and Training Command Torch Bearer program.

This program selects the "brightest and the best" staff and technical sergeants from across AETC and sends the attendees to Randolph Air Force Base for a week-long immersion in leadership, mentorship, and the inner workings of the Air Force Personnel Center.

Sergeant Westington, an instructor at the medical readiness site, said he is looking forward to an opportunity to visit basic military training at

Lackland Air Force Base, Texas, as part of the Torch Bearer Program. He said he is hoping this opportunity will provide a chance to "interact and eat lunch with the new recruits and let me see the Air Force through their eyes."

Sergeant Davis, an instructor at the dental assistant apprentice course, said he is looking forward to the open forums with AETC senior leaders. He is particularly excited about the chance to meet retired Chief Master Sgt. of the Air Force Robert Gray.

He agreed with Sergeant Westington that visiting Lackland will allow him to revisit the place where his Air Force career began and remind him of the environment his students share prior to technical training here.

## Hospital gate hours change



The hospital gate will be closed during the Holiday Exodus.

Personnel at the 82nd Security Forces Squadron announced the gate will close at 12:01 a.m. Dec. 23 and will re-open Jan. 3 at 5 a.m.

Team Sheppard members should make adequate arrangements to prepare for possible traffic congestion at the main and Missile Road gates. Those gates will be open 24 hours, seven days a week.

## Airmen get Article 15s

Two Airmen received non-judicial punishments for alcohol-related offenses recently.

An Airman in the 366th Training Squadron received an Article 15 for drunk and disorderly. The Airman's punishment was forfeiture of \$150 pay for two months and 10 days of extra duty.

An 82nd Mission Support Group Senior Airman received an Article 15 for driving under the influence of alcohol. The Airman received a reduction in grade to Airman First Class and seven days of extra duty.

## ADOPT

Continued from Page 1

very important job to fight and preserve Freedom throughout the world."

The 365th and CAOC were perfect fits for the adoption, the captain said. He said the adopted group is responsible for maintenance and the 365th trains maintainers.

In addition to the match, he said it gives Airmen in the squadron an opportunity to realize the sacrifice their Wingmen are making for them this holiday season.

"What it teaches them is we can reach out and be better wingmen and identify with other Airmen regardless if we know them," he said. "I think I have seen just as much joy and gratification (on this end)."

The captain said he has wanted to sponsor a group of Airmen before, but the units were usually too big and too costly. Now that they've found the group at CAOC, he said he wants the 365th to continue to support them for other holidays.

Captain Cannon added that

he hopes this spurs other organizations on base to find a unit to sponsor as well.

The captain said the initiative wouldn't have come to fruition without the hard work of members in the squadron, particularly Tech. Sgts. Jene Thomas and Monica Herring. He said the technical sergeant tandem collected most or all of the donations for the unit and prepared them for delivery.

Sergeant Herring said stockings, small electronic games, crossword puzzles, coffee mugs, snacks, hot cocoa and Starbucks® coffee were purchased and sent to the unit. She said she remembered how it was when her husband was deployed and how care packages eased the stresses of his deployment.



Courtesy photo

**Master Sgt. Dave Overton and Tech. Sgt. Rubi Kitchen look over some of the presents sent by the 365th Training Squadron.**

"There are a lot of people deployed this year, and if we were able to bring a bit of Christmas cheer to even a small group, I'm glad I could help," she said.

## Fuel Your Future

## Air National Guard

## Holiday Exodus hours

### Dining Hall, Bldg. 1320

Dec. 22:  
Breakfast: 6 to 8 a.m.  
Lunch: 10:30 a.m. to 1 p.m.  
Dinner: 4:30 to 7 p.m.

Dec. 23-24:  
Breakfast: 7 to 9 a.m.  
Lunch: 11 a.m. to 1 p.m.  
Dinner: 4:30 to 6:30 p.m.

Dec. 25-26:  
Breakfast: 7 to 9 a.m.  
Lunch: 11 a.m. to 1 p.m.  
Dinner: 4:30 to 6:30 p.m.

Dec. 27-29:  
Breakfast: 6 to 8 a.m.  
Lunch: 10:30 a.m. to 1 p.m.  
Dinner: 4:30 to 7 p.m.

Dec. 30-Jan. 2:  
Breakfast: 7 to 9 a.m.  
Lunch: 11 a.m. to 1 p.m.  
Dinner: 4:30 to 6:30 p.m.

Jan. 3-4 (all dining facilities):  
Breakfast: 6 to 8 a.m.  
Lunch: 10:30 a.m. to 1 p.m.  
Dinner: 4:30 to 7 p.m.

### Barber Shop

Dec. 20-23: 10 a.m. to 3 p.m.  
Dec. 24-25: closed  
Dec. 26-30: 10 a.m. to 3 p.m.  
Dec. 31-Jan. 1: closed

### Commissary

Dec. 19: 11 a.m. to 6 p.m.  
Dec. 20: 7 a.m. to 8 p.m.  
Dec. 21-23: 7 a.m. to 8 p.m.  
Dec. 24: 7 a.m. to 3 p.m.

Dec. 25: closed  
Dec. 26: 11 a.m. to 6 p.m.  
Dec. 27-31: 7 a.m. to 8 a.m.  
Jan. 1: closed

### Community Center

Dec. 21-23: open 24 hours  
Dec. 24-25: closed  
Dec. 26-30: 10 a.m. to 6 p.m.  
Dec. 31-Jan. 1: closed  
Jan. 2: 10 a.m. to 6 p.m.

### Ceramic shop

Dec. 20: last firing 11 a.m. to 8 p.m.  
Dec. 21: pick-up only 11 a.m. to 5 p.m.  
Dec. 22-Jan. 4: closed

### ITT

Dec. 20-22: 10 a.m. to 3 p.m.  
Dec. 23-Jan. 3: closed

### Resource Management

Dec. 22-23: 7:30 a.m. to 4:30 p.m.  
Dec. 24-26: closed  
Dec. 27-30: 7:30 a.m. to 4:30 p.m.  
Dec. 31-Jan. 2: closed

### Library

Dec. 22-23: 12 to 5 p.m.  
Dec. 24-25: closed  
Dec. 26-30: 12 to 5 p.m.  
Dec. 31-Jan. 1: closed  
Jan. 2-4: 12 to 5 p.m.

### Auto Skills

Dec. 21-Jan. 2: closed

### Human Resource Office

Dec. 21-22: 7:30 a.m. to 4:30 p.m.  
Dec. 23: 7:30 to 11 a.m.  
Dec. 24-26: closed  
Dec. 27-29: 7:30 a.m. to 4:30 p.m.  
Dec. 30: 7:30 to 11 a.m.  
Dec. 31-Jan. 2: closed

### Linen Exchange

Dec. 22: 8 a.m. to 12 p.m.  
Dec. 23-26: closed  
Dec. 27-29: 8 a.m. to 12 p.m.  
Dec. 30-Jan. 2: closed

### Outdoor Recreation

Dec. 22-Jan. 4: closed

### Skeet Range

Dec. 25-Jan. 3: closed

### Vet Clinic

Dec. 22: 8 a.m. to 3:30 p.m.  
Dec. 23-26: closed  
Dec. 27: 8 a.m. to 3:30 p.m.  
Dec. 28-29: 9 to 11:45 a.m. and 1 to 2:45 p.m.  
Dec. 30-Jan. 2: closed

### Main Fitness Center

Dec. 22-31: 8 a.m. to 6 p.m.  
Dec. 25: closed  
Dec. 26-31: 9 a.m. to 6 p.m.  
Jan. 1: closed  
Jan. 2-3: 9 a.m. to 6 p.m.

### North and South Fitness centers

Dec. 22-Jan. 3: closed

### Student Center

Dec. 21-23: Open 24 hours  
Dec. 24: 10 a.m. to 10 p.m.  
Dec. 25: 12 to 8 p.m.  
Dec. 26-31: 10:30 a.m. to 10 p.m.  
Jan. 1: 12 to 8 p.m.  
Jan. 2: 10:30 a.m. to 10 p.m.

### Officers Club

Dec. 18-Jan. 2: closed

### Enlisted Club

Dec. 24-25: closed  
Jan. 1: closed

### Family Child Care hours

Dec. 20-23: 8 a.m. to 5 p.m.  
Dec. 24-25: closed  
Dec. 27-30: 8 a.m. to 5 p.m.  
Dec. 31-Jan. 1: closed

### North Lanes

Dec. 22-Jan. 2: closed

### Wind Creek Golf Course

**Pro Shop**  
Dec. 20-23: 9 a.m. to 5 p.m.  
Dec. 24: 8 a.m. to 2:30 p.m.  
Dec. 25: closed  
Dec. 26-31: 9 a.m. to 5 p.m.  
Jan. 1: closed

### South Lanes

Dec. 22: 11 a.m. to 8 p.m.  
Dec. 23: 11 a.m. to 9 p.m.  
Dec. 24: 11 a.m. to 5 p.m.  
Dec. 25: closed

Dec. 26-28: 11 a.m. to 8 p.m.

Dec. 29-30: 11 a.m. to 8 p.m.  
Dec. 31: 11 a.m. to 2 p.m.  
Jan. 1: 12 to 9 p.m.  
Jan. 2: 11 a.m. to 9 p.m.

### Snack Bar

Dec. 20-23: 7 a.m. to 2 p.m.  
Dec. 24-30: 11 a.m.  
Dec. 25: closed  
Dec. 26-31: 7 a.m. to 2 p.m.  
Jan. 1: closed

\*All times and days are subject to change due to inclement weather.

### Madrigal Youth Center

Dec. 20-22: 10 a.m. to 5 p.m.  
Dec. 23-25: closed  
Dec. 27-29: 10 a.m. to 5 p.m.  
Dec. 30-Jan. 1: closed

### Open Recreation

Dec. 20-22: 1 to 5 p.m.  
Dec. 23-25: closed  
Dec. 27-29: 7 a.m. to 5 p.m.  
Dec. 27-29: 1 to 5 p.m.  
Dec. 30-Jan. 1: closed

### School Age

Dec. 20-22: 7 a.m. to 5 p.m.  
Dec. 23-25: closed  
Dec. 27-29: 7 a.m. to 5 p.m.  
Dec. 30-Jan. 1: closed

### Child Development Center

Dec. 20-23: 6:30 a.m. to 5 p.m.  
Dec. 24-25: closed  
Dec. 27-Jan. 1: closed

## CHILD

Continued from Page 1

Christmas in their homeland and also had holiday treats from their respective countries.

Last year, about 130 children attended the Give a Child a Christmas party. This year's attendance nearly doubled that, but Lieutenant Lin said the base could have supported even more kids.

"We have a lot of room for growth with this event," the lieutenant said.

The base had that room for growth because of caring and giving Team Sheppard members who wanted to give children the best Christmas imaginable.

"We had some families who wanted to sponsor two or three kids," Lieutenant Lin said.

To help raise money for the event, Sheppard's company grade officer's council had a gift wrapping event and other fund raisers throughout the year.



**Senior Airman**  
**Natasha Jones of**  
**the 82nd Medical**  
**Operations**  
**Squadron helps**  
**Renee Guerrero of**  
**Sam Houston**  
**Elementary go**  
**through**  
**Christmas pres-**  
**ents she received**  
**at Sheppard's**  
**annual 'Give a**  
**Child a**  
**Christmas' party**  
**Dec. 10. The**  
**event drew more**  
**than 200 students**  
**from four Wichita**  
**Falls Independent**  
**School District**  
**schools.**

Photo by Airman 1st Class  
Jacquie Locking

## WELD

Continued from Page 1

expected to pay for themselves within three to four years through reductions in training time and student costs, said Catherine Clark, chief of the Detachment Training Development Element.

"Previously, welding students encountered significant handicaps early in their training," Ms. Clark said. "Dressed in welding smocks and hoods, students would crowd around an instructor in a tiny booth while he demonstrated basic welding techniques."

"The demonstration was hard for them to see clearly, and safety gear restricted their ability to interact with the instructor."

With the new eight-foot-square booths, equipped with three large video screens and three cameras projecting images from within, students can stand outside and observe procedures safely and with a much better

view. Instead of welding smocks and hoods, the students wear microphone headsets that allow them to interact with the instructor in the booth.

In addition, the booth includes a video recorder, which enables instructors to save demonstrations for later use. Student performances can also be recorded and reviewed for self-analysis and correction.

Master Sgt. David O'Dell, superintendent of the aircraft metals technology course, said the booths offer students a significant advantage.

"They can see the demonstrations much more clearly now, and even replay them," Sergeant O'Dell said. "This cuts down significantly on Special Individualized Instruction, which takes time from our instructors."

In addition, failure rates from the challenging block of instruc-

tion will be reduced, saving the Air Force several training days and thousands of dollars.

"The booths should pay for themselves within three to four years by allowing us to send students through more quickly," Ms. Clark said.

Detachment staff members who researched the project said the booths are the first of their kind in Department of Defense welding training, if not within the civilian community.

"No other DoD technical school currently utilizes this form of technology for welding training or in similar disciplines," said Maj. Steve Pratt, Detachment 1 commander, as he led a demonstration tour of the units for Col. Francis R. Merritt, OMMS commander, on Sept. 23.

Colonel Merritt said the concept presented "a great way to teach and perform after action

reviews."

He said it was possible the OMMS would adopt the systems for its metalworking division.

"We'll take a look at it and see if it works for us," Merritt said.

"This revolutionary concept is entirely the work of Clark, O'Dell, current staff members and their predecessors in the detachment," Major Pratt said. He added that the 82nd Training Wing provided funding for the booths.

Key contributors to the design and set up of the booths included Master Sgt. Mark Gengenbach, detachment career development course writer, a key player in the development of key components and sources; Staff Sgt. Brett Atkinson, instructor and electronics expert; and Staff Sgt. Jason Ratliff and Tech Sgt. Charles Horton, instructors.

## Briefly Speaking

### HHC collecting coats

The Hispanic Heritage Committee is collecting coats for less fortunate children in Wichita Falls.

For more information, call Marlon Pesantez at 6-6489.

### Holiday office closures

The legal office will be closed today from 11 a.m. to 1 p.m. for an official office function.

Public Affairs will close at 11 a.m. until the end of the duty day.

### Testing Center to close for Exodus

The education office's testing center will be closed for the holiday Exodus beginning Wednesday. The testing center will re-open Jan. 5.

Tuesday is the last day for testing. For more information, call 6-6231.

### Bus schedule changes for holidays

The Blue Route Shuttle Bus will be the only shuttle bus operating from Wednesday through Jan. 3. Normal time schedule will be observed.

Taxi service will be available for individuals that may be effective by the cancellation of the Red Route Shuttle Bus.

Contact 6-6813 to request taxi service.

### Visit TMO before moving yourself

The Traffic Management Flight would like to remind those who perform their own move of personal property/household goods (whatever means used): "Members who do not attend a TMF briefing prior to making a PPM move will not be authorized an incentive payment. Members who elect to do so will run into major difficulties in attempting to finalize any paperwork at destination without paperwork from the origin TFM."

For questions on how to perform a PPM move, please contact Outbound Personal Property at 6-5499. Students (coursework less than 20 weeks) must contact the Student TFM at 6-1082/4107.

### 2005 AF Teen Aviation Camp

The deadline for submitting applications for the 2005 Air Force Teen Aviation Camp is Feb. 23 at the Madrigal Youth Center.

The camp will be June 4-9 at the Air Force Academy. For more information, call 6-5457 or stop by Bldg. 196.

### White House Fellowship Program

Applications for the White House Fellowship Program must be postmarked by Jan. 3.

The WHFP is a program that allows citizens the opportunity to work for one year as special assistants to senior executives at cabinet-level agencies or in the Executive Office of the President.

## 82nd TRW welcomes chief

**Command Chief Master Sgt. Douglas Kesler steps in after more than nine years of first sergeant duty**

**By Airman 1st Class Jacques Lickteig**  
Staff writer

The 82nd Training Wing welcomed its new command chief Dec. 3, and after spending a week at Randolph Air Force Base, Texas, for a conference, he settled in to share his leadership philosophy.

Command Chief Master Sgt. Douglas Kesler will advise the wing commander on issues regarding the readiness, utilization, morale, professional development and quality of life of more than 4,000 permanent party enlisted members and over 25,000 Air Force, Army, Navy and Marine Corps students here each year.

But he is no stranger to taking care of enlisted folks.

Although he started his Air Force career as a systems analyst, the Sioux City, Iowa, native spent a little more than nine years as a first sergeant, picking up the duty the day he sewed on master sergeant, in several different units at three bases: Edwards Air Force Base, Calif., Moody AFB, Ga., and Robins AFB, Ga. He has also served as first sergeant during his deployments to Sheikh Isa Air Base, Bahrain, and Al Jaber AB, Kuwait, he said.

My job has been focused on taking care of people, Chief Kesler said.

He said he was able to hold onto a first sergeant position that long by moving around and finding new challenges, which also helped form his perspective and broaden his understanding of Airman's issues.

He served as a first sergeant in three different units at Moody and three different units at Robins. He shifted in two security forces squadrons, a support group, a communications squadron, a medical group, a test group and a logistics unit.

I tried to learn what everyone did so I could get a more corporate view of the Air Force to understand the mission and where I fit in and everyone's concerns, he said.

He said his duties as a first sergeant have led him to experience, directly or indirectly, just about everything an Airman could, from promotions and retraining to suicides and deaths in a unit, and those experiences will help him be successful as the wing's command chief.

"I feel like I've lived through just about everything," Chief Kesler said.

He said another aspect of his career that will successfully guide him as command chief is its diversity.

Since he enlisted in December 1979, he has served several missions in seven of the Air Force's nine major commands, including high-profile programs, such as the F-117 Stealth Fighter program and the B-2 Combed Test Force. He's been stationed at a total of 11 bases, making it a point to PCS or move to a different unit at least every three years, he said.

Another ace he has up his sleeve is his ability to hear candid, enlisted concerns during his interaction with his family. His son, Senior Airman Douglas Kesler Jr., and daughter-in-law, Airman 1st Class Erin Kesler, are stationed at MacDill Air Force Base, Fla.

"They tell me candid concerns, and they let me know what they feel about policies coming down," he said.

His wife, Master Sgt. Donna Kesler, a personnelist at the 80th Flying Training Wing, keeps him informed about senior enlisted concerns.



**Command Chief Master Sgt. Douglas Kesler**

Although Chief Kesler didn't get to spend much time with former 82nd TRW Command Chief Master Sgt. Lape Ruiz, Chief Ruiz did give him some parting advice.

"He said to take it slowly and to take care of the troops," Chief Kesler said.

He said what he sees coming up for him and Sheppard's enlisted corps is the enlisted force development.

"My goal is to educate our Airman on how and why the Air Force plans to shape the corps," he said. "It's a very personal thing when you have to tell them they might have to change careers."

Chief Kesler's awards include: a Meritorious Service Medal with two oak leaf clusters, an Air Force Commendation Medal with four oak leaf clusters, an Air Force Achievement Medal with three oak leaf clusters, an Air Force Expeditionary Medal, a Humanitarian Service Medal and a Military Outstanding Volunteer Service Medal.



**LACKLAND AIR FORCE BASE, Texas (AETCNS) — Lt. Gen. John D. Hopper Jr., Air Education and Training Command vice commander, receives the Order of the Sword Dec. 10 from Chief Master Sgt. Michael A. Mazzi (center), Air University command chief master sergeant, and Chief Master Sgt. Karl W. Meyers, AETC command chief master sergeant. General Hopper is the third person to receive the Air Education and Training Command Order of the Sword since the command was established in July 1993. The Order of the Sword is the highest honor given by the enlisted corps.**



## Recruiting focuses on select career fields

**By Airman 1st Class Danny Monahan**

5th Bomb Wing Public Affairs

MINOT AIR FORCE BASE, N.D. (AFPN) — The Air Force continues to recruit high quality people while using force-shaping efforts to keep people in critical career fields, the Air Force Recruiting Service commander said during a recent visit here.

Brig. Gen. Robertus C.N. Remkes said the Air Force is striving to "balance the books" by moving people from over-manned Air Force specialties and filling vacancies in traditionally hard-to-fill jobs. "What were doing is focusing on 58 (career fields) that are critical and we know are under-manned," said General Remkes. "Hopefully in a month or so, we'll get some guidance from the Air Staff so we can open up other (career fields). There are a lot of people who don't qualify for those 58 (specialties)."

Plans to cut Air Force manpower by more than 20,000 will not impede the way the service recruits highly motivated people, General Remkes said.

"The Air Force has never

stopped looking for high-caliber recruits," he said. "We have always taken highly qualified people."

Every career field requires certain aptitudes from each person the service recruits, the general said.

"Take a pararescueman or a combat controller. Those are very difficult (specialties) for people to qualify for. [It is very difficult] to make it all the way through tech training because there are a lot of physical demands [and] a lot of school demands so that they know everything they need to survive in a combat situation," he said. "Those are two examples where we'll always go for the most qualified individuals."

To get those top-notch recruits, the Air Force launched a new advertising campaign to heighten awareness and let the nation know the service needs people with good skills and outstanding character.

"We want young Americans in high schools to know that there is an Air Force looking for them to 'cross into the blue,'" the general said. "If we didn't have those commercials, a lot of

people wouldn't know the Air Force is even hiring."

Recruiting has changed immensely since he graduated from the Air Force Academy in 1977, General Remkes said. Back then, recruiters' tools were limited, he said.

"I remember recruiting back then was essentially a recruiter who would show up to a school with a small table with maybe a cup with some pencils in it and a little sign that read 'Air Force,'" General Remkes said.

"Essentially, the recruiters ... were our tools. They were our awareness campaign," he said. "They did all the nuts and bolts of getting a kid on track and showing (him or her) how to get into the Air Force."

Recruiting today is constantly changing to keep up with competition.

"Today, we have to compete with (cable TV) to get a kid's attention. We also have to compete with kids' time in school and sports," the general said. "We have to let people know we're out there, and that's what the commercials are designed to do."

However, recruiting does not

end with commercials and recruiters. Each Airman can help bring in high-caliber people by sharing his or her Air Force experiences with others in the community, he said.

"(Airman) have an obligation to tell the Air Force story to all those [civilian] folks they know. I would like to ask them, when appropriate, to wear their uniform when they bring Johnny or Sally to soccer," General Remkes said.

"A lot of their neighbors might not know they are in the Air Force or their kids might not know Johnny's or Sally's dad or mom is in the Air Force. It gives young kids a chance to understand 'gee what great people they are and what brought you to the Air Force or how can I join,'" he said.

"I encourage everyone in the Air Force to support other noble things in the community such as Scouting or Civil Air Patrol or whatever their personal desires are, and to make those kids aware of the wonderful opportunities available in the U.S. Air Force. They can help me with my recruiting mission by doing just those simple things."

**Think before you drink. And your keys to a wingman.**





# Air Force leaders send holiday message

WASHINGTON (APFN) – The following is a holiday message from Secretary of the Air Force Dr. James G. Roche and Air Force Chief of Staff Gen. John P. Jumper:

"In this special holiday season we offer our sincere best wishes to our Air Force family – our Total Force of active duty, Guard, Reserve and civilians, as well as your families who support your remarkable commitment to protect freedom

and defend the United States.

"You are the most important part of the world's greatest air and space force – the heart and soul of our combat capability, and the bedrock of what makes this nation great.

"For those deployed, please know that you and your families are in our thoughts and prayers, and that we are enormously proud of the work you're doing. In Afghanistan and Iraq, you continue to

fight terrorism while helping courageous people find the path to stability and self-governance.

"For those of you who serve in the United States, you defend our Republic to keep Americans safe."

"At home and abroad, you give our nation priceless gifts through your service – our cherished freedoms and the opportunity to live in peace."

"This is an extraordinary time to be an American and to serve in America's Air Force. We thank each of you and your families for your incomparable commitment. Wherever you may be this season, we encourage you to pause and reflect on your faith, your family, and your friends.

"We're honored to serve with you. We wish each of you a happy holiday season and blessings for a prosperous new year!"

## Chillin' Out

Safety office gives tips stay safe in cold weather

By Gary Brown  
82nd Training Wing Safety Office

Exposure to cold temperatures can cause injury or serious illness such as frostbite or hypothermia. The likelihood of injury or illness depends on factors such as physical activity, clothing, wind, humidity, working and living conditions, and a person's age and state of health. Following these tips can help you stay safe in cold weather.

**Be Smart** – Dress appropriately before going outdoors – The air temperature does not have to be below freezing for someone to experience cold emergencies such as hypothermia and frostbite. Wind speed can create dangerously cold conditions even when the temperature is not that low. If possible, dress in layers so you can adjust to changing conditions. Avoid overexerting or overexertion that can lead to heat illness.

**Be Safe** – Traveling and winter can be a dangerous combination – Allow extra time when traveling. Monitor weather conditions carefully and adhere to travel advisories.

**Be Smart** – Keep a winter storm survival kit in your car – This should include blankets, food, rain, chains, gloves, and first aid supplies. If at all possible, carry a cellular phone.

**Be Safe** – NEVER allow anyone who has been drinking alcohol to drive – Use the Wingman concept. Take their keys away and provide them a ride home or call them a taxi.

**Be Smart** – Cold and heat-related emergencies can occur quickly – Be prepared by planning ahead, thinking about safety, and being smart! (Information Courtesy Navy Safety Center)



By Brig. Gen. James Whitmore  
82nd Training Wing commander

Can you believe the Holiday season is upon us already?

It seems that every year the lead up to Christmas and New Year's gets busier and busier ... a huge stress on our already jam-packed schedules. It is important for all of us to take the time as the wing goes through the annual student Exodus, to slow down a bit and recharge our batteries.

This season is the time to reflect on the things that we hold dear and express our appreciation for the blessings God has given us. We are truly blessed to be living in a free country and to be members of the world's greatest air and space force. The fact that we'll celebrate this holiday season in peace and comfort, with good family and friends speaks volumes to how fortunate we are.

The holidays provide an opportunity to spend quality time with our families ... some of us will stay here, some will travel to meet them and others – like me – will have family come here for a visit. Whatever your personal situation, please enjoy this time with our loved ones.

Since so many are traveling for the holidays, I ask all commanders, first sergeants, chiefs and supervisors to ensure their troops are well prepared before we send them off on vacation. Our goal is to have every single member

of Team Sheppard return safely to us as we start the New Year.

It is especially important that we continue to be good wingmen and look out for each other during this critical period.

As we close another great year, the start of 2005 represents a time of renewal and hope for all of us.

We had an exceptional 2004, culminating most recently with an overall "Excellent" rating on our Operational Readiness Inspection, and an Outstanding visit by 2nd Air Force Commander Maj. Gen. Chip Uterback – He's still talking about how impressed he is with the professionals here at Sheppard!

These events validated what I already knew ... that you all are indeed the best of the best when it comes to training Airmen.

As we begin a new year, I'd encourage you to make a personal commitment to your health, happiness, and spiritual growth ... you deserve it!

I'd like to thank you all for making my transition to Sheppard as seamless as possible and exceptionally enjoyable. I am truly proud to serve as your commander and look forward to a prosperous, successful 2005 here at Sheppard.

Julia and I wish you all the very best this holiday season!

## Former command chief says goodbye after serving 30 years

By Chief Master Sgt. Lupe Ruiz  
Former 82nd Training Wing Command Chief

I celebrated nearly 30 years of Air Force life Dec. 3. That's well over 10,900 days of being blessed, blessed because I have worked along side the finest Air Force ever!

I would never have imagined that one individual could be blessed as I have been. Each of you has given me the warmest friendships, the closest fellowships, and the best partnerships any Airman could ever ask for.

I have very strong and mixed emotions about leaving the Air Force. I have spent nearly two-thirds of my life wearing the uniform. Even though the uniform appearance has changed throughout

these years, what has not changed is the people. I am so proud that our Air Force professionals continue to lead the way.

Folks often ask me what inspires me, and I always say, "people."

I remember the people I grew up under and all the great senior NCOs and Airmen that I have worked with over the years. For me, following their example has been the best path, the best road and the most fun.

As I entered this job nearly two years ago, I came with an appreciation and admiration for all that Sheppard personnel do for our command and our great Air Force. Nobody does it better than the 82nd Training Wing and the 80th Flying Training Wing – nobody.

As I leave active duty, my conviction that the men and women of these wings are the very best, brightest and most dedicated servants of the nation to be found anywhere has only grown and deepened. You are on the front line, making the finest mission-ready Airmen, the most effective combat-ready Airmen, and the most professional Airman ever. You help produce the world's greatest Air Force.

I am honored to have served as your Command Chief. Together we have worked to realize our vision for Sheppard to be the Air Force show case wing. I am confident, no matter what the challenge or obstacle, the 82nd Training Wing will always be ready.

I wish each of you the very best.

## Bankruptcy: Consequence of overspending

By the Sheppard Law Center

The number of bankruptcy filings in the United States has steadily risen in the past ten years. Last year, there were over 1.5 million non-business bankruptcy cases commenced. For those under the age of 25, bankruptcy filings have increased by 96 percent. In bankruptcy Court, it is not unusual to see debtors with over 15 credit cards, and no assets to show for it. Living beyond one's means, buying items you want instead of need, and impulsively spending money earned rather than putting it away into a savings account all contribute to this growing problem.

Bankruptcy is one way to deal with financial debt, but it should be the option of last resort. Bankruptcy has two main purposes. First, bankruptcy gives creditors a fair share of the money that debtors can afford to pay back. Second, bankruptcy cancels many debts via a court order called a "discharge." In short, bankruptcy gives debtors a fresh start, relieving the financial burden caused by, in many cases, overspending and abusing credit.

Before leaping at the idea of filing for bankruptcy, realize there are significant negative consequences. Bankruptcy can be listed on credit reports for up to ten years. A bad credit rating can preclude someone from renting an apartment, buying a car, obtaining a student loan, or getting a job. In addition, filing for bankruptcy means spending more money out-of-pocket. Filing fees run up to \$200, and attorneys fees vary widely. Carefully consider these costs prior to filing a bankruptcy case.

In fact, avoid the issue of bankruptcy altogether. Create a budget, and live by it. Start off with small changes in your spending habits, and build from there. Deposit a part of your paycheck into an interest-bearing savings account, and let it grow.

Limit yourself to one credit card, and use it for emergencies only. Begin saving today to boost your financial security for unexpected emergencies and major purchases.

If you have general questions about bankruptcy, please make an appointment with the Sheppard Law Center at 6-4262. Our website is <http://webm.sheppard.af.mil/82trwja/index.html>.

### Submit your questions and concerns to

action.line@sheppard.af.mil or call 6-2000.

Your submission may be printed in The Sheppard Senator.

### Sheppard Senator

Brig. Gen. James Whitmore, 82nd Training Wing commander

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## Clever captions



No. 19

**Compete to see your funny caption for photo No. 19 in next week's Sheppard Senator.**

**Here's how**

1. Write an imaginative, humorous caption for photo No. 19.
2. Submit a maximum of two entries to sheppardsenator@sheppard.af.mil or call 6-7246 by Tuesday at noon.
3. Please include the photo number, your name and phone number.
4. The winning caption will be printed in the *Sheppard Senator*.
5. All entries are judged by the *Senator* staff. Good luck!



No. 18's winning entry: "It's fun to stay at the Y-M-C-A" by Lt. Col. Frank Williams, 82nd MDG.  
 Runner up: "Simon says: Cross your arms above your head," by Karine Robison

## Sheppard Spotlight

## 15 lines of fame

1. Name: Judy Walters
2. Rank: Senior airman
3. Organization and position: 82nd Dental Squadron, front desk
4. Most rewarding aspect of your job: Meeting new patients from all over the base and learning what they do.
5. Why did you join the Air Force? Travel and education.
6. Favorite Air Force assignment: Sheppard.
7. Date arrived at Sheppard: April 2002.
8. Hometown: Atwater, Calif.
9. Married or single: Single.
10. Favorite thing(s) to do in your free time: Cooking and watching DVDs.
11. Funniest childhood memory: None.
12. Favorite book or movie: "Grease."

13. Dream vacation: Trip to Australia.

14. If you could be anyone for one day, who would you be? A billionaire, so I could buy everything I've ever wanted.

15. Other than your family, what is your prized possession? My dog, Roachie.



Movie line: 676-4427

**Polar Express (G)**

SATURDAY: 2 P.M.

SUNDAY: 2 P.M.

Animated. A young boy's faith is rewarded when he's awakened by a steam train that takes him and other children to the North Pole to meet Santa.

**Saw (R)**

SUNDAY: 4:30 P.M.

Starring: Cary Elwes, Danny Glover. A young man named Adam awakens to find himself chained to a rusty pipe inside a decrepit subterranean chamber, trapped in a struggle for his life.

**After the Sunset (PG-13)**

SATURDAY: 4:30 P.M.

Starring: Pierce Brosnan, Salma Hayek. A master thief retires to an island paradise, but soon enters into a new game of cat and mouse with the FBI.

## SHEPPARD EVENTS

## Community

**Lake Texoma**

The Lake Texoma staff members and patrons will prepare for the holiday by making crafts Saturday beginning at 1:30 p.m.

Crafts will include pinecone ornaments. Call (903)523-4613 for more information.

## Community center

**Little Match Girl**

The Sheppard Ballet Theatre will perform the "Little Match Girl" at the community center ballroom Saturday beginning at 5 p.m.

The performers will be Edith Kalin's Madrigal Youth Center dancers.

The performance is free.  
 For more information, contact the Wichita Falls Parks and Recreation office at 761-7490 or call 6-3866.

## Exodus schedule

**Officers club**

The officers club will be closed Saturday through Jan. 2.

On Jan. 3 and 4, the club will serve a limited menu of soup and a salad and sandwich bar.

For more information, call 6-6460.

**Enlisted club**

The enlisted club will be closed Dec. 24 and 25.

For more information, call 6-2083.

**Enlisted club barber shop**

The enlisted club will be open Monday through Thursday and Dec. 27-30 from 10 a.m. to 3 p.m. It will be closed Dec. 24 and 31.

## Chapel schedule

**Catholic services**

Confessions are at 4 p.m.  
 Sunday at the south chapel.

**Sunday**

Mass: 9 a.m. and 5 p.m. at the south chapel; noon at the Solid Rock Cafe.

**Daily Mass**

Tuesday, Wednesday and Thursday: 11:30 a.m. (south chapel)

**Protestant services Sunday**

10:30 a.m. Contemporary Protestant Worship Service (Bldg. 1900)  
 10:30 a.m. Gospel Worship Service (south chapel)  
 10:30 a.m. Liturgical Protestant Worship Service (Solid Rock Cafe)

**Protestant Parish Ministries**

Protestant Men of the Chapel: Saturday, 6:30 a.m. (south chapel)  
 Weekday Bible studies: Tuesday, 6 p.m.

and Thursday, noon, (south chapel)

**Protestant religious education**

Adult religious education, 9 a.m. (Bldg. 962)

Tuesday Bible study, 6 p.m. (south chapel)

Thursday, noon Bible Study; lunch provided (south chapel). PWOC

Thursday Bible study, 6 p.m. PMOC

Tuesday Bible study, 6 a.m.

For more information, call the base chapel at 6-4370.

## Student ministry

**Solid Rock Cafe (Bldg. 450)**

Monday through Thursday, 7:30 a.m. to 9:30 p.m.

Friday, 7:30 a.m. to 11:30 p.m.

Saturday, 1 to 11:30 p.m.

Sunday, 1 to 9:30 p.m.

Sunday Protestant Bible study, 4 p.m.

Student Contemporary Worship Service, 5 p.m.

Liturgical Protestant Worship Service, 10:30 a.m.

Praise and Prayer, Wednesday, 8 p.m.

Students Awaiting Training classes, Tuesday and Thursday, 8:15 to 10 a.m.

Chapel Ropes Meeting, Tuesday, 11 a.m. and 4 p.m.

Parents and Tots, Monday, 1:30 to 3:30 p.m. and Wednesday, 10 to 11 a.m.

For more information, call the base chapel at 6-4370.





## Fitness centers awarded five stars

By Senior Airman Chris Powell  
Senator sports editor

Sheppard's fitness center staff was recently awarded the Air Force Fitness Center 5-Star award at the annual Athletic Business Conference in Orlando, FL.

The 5-Star Award program annually recognizes superior achievement by fitness centers that have demonstrated excellence in the areas of operations, programs, training, facilities and customer service.

"A fitness center must achieve 90 percent of the total point value for each category in order to receive the 5-Star recognition," said Cindy Conn, 82nd Services Division athletic director. "We scored an average of 95 percent in all the areas."

It wasn't just one fitness center that excelled above the rest, according to Tech Sgt. Milton Johnson, the main gym NCOIC. "All fitness centers were evaluated and contributed to winning the award."

Although being nominated before, this is the first time Sheppard's fitness centers have won the award.

"Some of the things that helped us win the award were our go-get attitude and providing things for our customers they need before they come and ask us for it," Sergeant Johnson said.

Conn said the entire fitness center staff went above and beyond their normal duties to achieve the 5-Star goal.

"This is an Air Force-level award," she said. "Only 20 bases in the Air Force received this award."

While happy to earn the recognition, the fitness center staff isn't content to rest on its laurels.

"We plan to maintain our current standards, but also improve ourselves, too," Johnson said. "We're going to improve our Fit to Fight programs, have more runs, more cardio programs and improve our personal training leader programs."

Sheppard is one of three Air Education and Training Command bases that achieved a 5-Star rating.

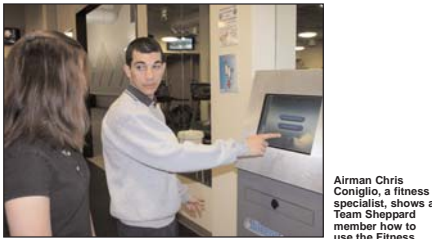


Photo by Senior Airman Chris Powell

Airman Chris Coniglio, a fitness specialist, shows a Team Sheppard member how to use the Fitness Advisor.

### Sports Briefing

Youth center receives grant from NFL

The Madrigal Youth Center has received a \$1,000 grant from the National Football League Youth Football Fund through The Boys and Girls Clubs of America to help offset the expenses of implementing a youth flag football program.

As a result, the program has been offered free to Sheppard youth. Thirty-eight children attended the first workout.

According to Ramon Benavides, youth sports and fitness director, the goal is to re-introduce flag football to the Sheppard community.

"At one time, we had 70 kids and 40 cheerleaders in the program. We truly appreciate this grant because it has presented us with the opportunity to give our children and their parents a view of the sport and thus far, the kids have been very receptive," he said.

Sheppard bass anglers wanted

The local American Bass Anglers district is looking for more Team Sheppard members to join.

The ABA, the largest tournament trail in the world, now offers more than 900 tournaments in 105 districts across the country for the weekend angler.

The ultimate goal for ABA members is qualifying for the 30th Annual National Championship and taking home their share of more than \$300,000 in cash and prizes.

The organization was founded in 1975 and was formed for military bass fishermen and called Military Bass Anglers Association, or MBAA for short.

The next tournaments will be Feb. 20 at Lake Texoma and March 20 at Lake Ray Roberts.

For more information, call Master Sgt. Rob Eckles at 6-8287 or go to

www.americanbassanglers.com.

Extra Point Giveaway

The Football Frenzy Extra Point Giveaway is open to all club members stationed at an Air Education and Training Command base.

The last day to register is Monday. The drawing will be held during the Patriots vs. Dolphins game Monday at half-time at the enlisted club.

The prize will be \$710 worth of National Football League gear, with the winner will select online at the officer's club.

People who are eligible to enter the drawing can register any time before the deadline.

Only one entry per customer per drawing is allowed, and the winner does not have to be present to win.

### He finds time to juggle career, pastime and goals

By Master Sgt. Orville F. Desjarlais Jr.  
Airman Magazine

Baseball is his passion, and the Air Force is the field upon which he builds his dreams.

Before entering the Air Force, Airman 1st Class Cesar Orihuela wanted to be a professional baseball player, a college graduate and a U.S. citizen.

Now that he's enlisted, he still wants to be a professional baseball player, but now he also wants to be an agent in the Office of Special Investigations, a college graduate and possibly an officer.

"I think my goals are attainable," Airman Orihuela said. "My parents are proud I joined the Air Force. They said I changed a lot. They said my attitude is better and that I set goals — very high goals."

Born 20 years ago in Juarez, Mexico, Airman Orihuela's dream of playing pro ball began when he was very young. His father, once a professional baseball player in Mexico, used to toss a ball to him when he was just 5 years old. When he was in the third grade, his father, mother, sister and two brothers moved to El Paso, Texas. He continued to play little-league baseball and worked on his skills, which improved greatly. Last year, he tried out for the Chicago White Sox and made it the last cut.

Instead of taking it hard, he said, "Maybe next year."

Until tryouts in 2005, he'll continue to keep his eye on the ball by staying in shape and playing squadron softball. It also helps that he works in the 341st Services Squadron at Malmstrom Air Force Base, Montana.

After graduating from high school in May 2002, he enlisted in the Air Force and went to a technical school where he learned about services readiness, lodging, mortuary affairs and food preparation. It wasn't baseball, but he learned to like it. He graduated in November 2002.

His first tour was north to Montana where he was assigned to the fitness center. His duties included working at the counter, setting up league brackets and game schedules, helping customers in the weight room and restocking towels. During this time, he set yet another goal to become a personal trainer.

After completing a two-week fitness fundamental training course, he was one step closer to becoming a personal trainer. After he attends a course at the Cooper Institute in Dallas, he'll be fully qualified.

"I like to train people and get to know them," Airman Orihuela said. "I want them to be in good enough shape to pass the new fitness standard."



Photo by Master Sgt. Scott Wagers

Becoming a professional baseball player is a passion Airman 1st Class Cesar Orihuela is determined to achieve. However, until that day comes the services apprentice is helping Airman train to pass the new physical fitness test.

To Airman Orihuela, it's more than just meeting the standard. It's getting people to incorporate fitness into their everyday lives, like eating or sleeping. "Being fit makes people feel better about themselves," he said.

However, his job isn't all smiles and sweat.

"The hardest part about working in the fitness center is handling customers," he said. "I always have to have a smile so that our customers feel comfortable, even when I'm having a bad day."

Another challenge is his career field's deployment rate.

"In my job, you have to expect to deploy a lot, which makes it hard to attend college," he said. He recently returned from a three-month deployment to support Operation Enduring Freedom — his first one. "It was a new experience. I liked it."

Airman Orihuela stays involved and keeps himself busy. In addition to being a member of the honor guard and a squadron physical training leader, he coaches baseball to children during his time off.

"It reminds me of when my father used to play ball with me when I was young," he said.

He's also following up on a few of his other goals. In September, after returning from his deployment, he signed up for college courses at Park University. He also applied for U.S. citizenship.

Somehow, he keeps all his goals in his line of sight, like a juggler in a circus. The latest challenge came recently when he moved from the fitness center to the dining facility to be a chef. But for Airman Orihuela, that's just one more task — one more ball, if you will — for him to juggle.

### Falcons fall to Lamar, 66-59, in overtime

Courtesy of the Air Force Academy athletic department

Beaumont, Texas — Lamar University scored the first seven points of overtime and the Cardinals defeated Air Force, 66-59, Monday night in Beaumont, Texas. Lamar's Teddy Davis scored eight points in the extra frame as its leading scorer. Raymond Anthony, was on the bench after fouling out in the final minute of regulation.

Air Force (6-4), which struggled from the field all game, shot 6-of-28 from behind the three-point line in the game after making just 21.2 percent last Saturday against Georgia Tech. The Falcons shot 18-of-44 from the field, and was 17-of-26 from the free throw line.

The Falcons played outstanding defense in

the first nine minutes, collecting seven steals, and Tim Keller layup with 11:01 left in the first stanza gave Air Force a 13-6 lead. From that point on, Lamar outscored the Falcons 18-6 with six points each from Mike Levy and Anthony, who hit a three-pointer at the buzzer to give the Cardinals a 24-19 lead at the break.

The game went back and forth the rest of regulation. Lamar took a 48-45 lead with 43 seconds left on two free throws by Jason Grant, but Nick Welch tied the game with a three-point play with 24 seconds left to send the game to overtime.

Davis opened overtime with a pair of free throws and a layup. Alan Daniels hit a three-pointer to give the Cardinals a 57-50 lead with 2:22 left. Welch each hit a three-pointer in the final 30 seconds.



Nick Welch tied his career-high with 20 points Monday against Lamar.



Sophomore Letricia Castillo

### Falcons battle Northern Colorado for 67-62 win

Courtesy of the Air Force Academy athletic department

Behind a career performance by sophomore captain Letricia Castillo, the Air Force women's basketball team earned a hard-fought 67-62 victory over Northern Colorado Monday night in Butler-Hancock Hall.

Just three days after scoring a mere 35 points in a loss to Boise State, Air Force (3-6) seemed to find its offensive rhythm early in the first half against Northern Colorado (1-6), as it shot 50 percent in the opening stanza, including draining 5-of-8 from beyond the arc. The Falcons, ignited by Castillo's 14 first-half points, led by as many as eight, but the Bears would not go away.

Northern Colorado took the margin to 30-29 before a long-range jumper by freshman Lauren Henderson stretched the Air Force lead to four points. Another basket by the Bears brought them within two, but the Falcons had the opportunity to extend their lead going into the locker room, getting the ball under their own basket with just 104 seconds left on the clock. However, Air Force was unable to get off a shot, settling for a 33-31 halftime lead.

The second stanza was just as close, with the Falcons scrambling to stay on top. Air Force led by as many as five points, before Northern Colorado eventually tied together a 5-0 run to capture its first lead of the period at 54-53. The Falcons turned up the defensive pressure, getting back on top with a basket by Castillo.

Air Force moved out to a 59-56 lead, but a three-point basket by Northern Colorado's Kayla Flavin with 1:55 remaining tied the game once more. Sophomore Dawn Higginbotham gave the Falcons the lead again after an offensive rebound by Castillo, but Kendra Lambrecht responded with another three-pointer to put the Bears up by one.

After the Falcons regained the lead once more, a foul by junior Briana Thomas sent the Bears' Jens Fosdick to the charity stripe with just 17.6 seconds on the clock. Fosdick missed both shots, enabling the Falcons to take a 65-62 advantage following a pair of foul shots by Castillo. Looking for another opportunity to score, Northern Colorado immediately turned the ball over, as Higginbotham drew a charge. The Falcons hit 2-of-4 free throws down the stretch to secure the 67-62 victory.



## Bowling

For more information, call 6-2170.

### Combo bowling held every Tuesday

Combo bowling will be held every Thursday at 12:30 p.m. at the south lanes.

For more information, call Donna Dobbins at 569-2430 or Vivian Unlah at 569-1619.

### Rock It Bowl at the north lanes

A glow-in-the-dark Rock It Bowl takes place every Friday and Saturday night from 5 to 11 p.m. at the north lanes.

### Bowling center birthday parties

The north and south bowling centers are available for birthday parties.

The cost is \$2 at the north lanes and \$1.50 at the south lanes.

The cost is more at the north lanes because it features Glow Bowling.

Feel free to bring your own cake and ice cream, but all drinks and other food must be purchased at the bowling center snack bar.

## Community center

For more information, call 6-3866.

### Jeet Kune Do classes

There are Jeet Kune Do classes from 2 to 4 p.m. Sundays at the community activity center.

Cost is \$35 per month.

### Tang Soo Do classes

There are Tang Soo Do classes from 6:30 to 8 p.m. Mondays and Wednesdays for people ages 7 and older. Cost is \$25 for adult members and \$20 for children members.

The cost for children who are non-members is \$25.

Call 6-6826 for more information.

### Pool tournament

The pool tournament is at 2 p.m. Saturday at the community activity center.

Trophies will be awarded to first and second-place winners.

### Table tennis tournament

The table tennis tournament is at 5 p.m. the second Saturday of every month. Cost is \$2.

Trophies will be awarded to first and second-place winners.

### Chess tournament

The chess tournament is at 10 a.m. the last Saturday of every month.

Trophies will be awarded to first and second-place winners.

## Fitness center

For more information, call 6-2972.

### Push it to the Max

Push it to the Max is a free program designed to teach people how to do correct push-ups and will improve push-up ability.

The program is from 5:30 to 7 a.m. Tuesdays in the aerobic room at the south fitness center.

### Air Force cycling program

This program is designed to promote cycling as a life-long recreational activity that supports personal fitness goals.

For more information, contact Tech Sgt. Moffett at 6-2972.

### Spinning at the south fitness center

Spinning classes are at 5 p.m. weekdays and at 7 p.m. Mondays and Wednesdays at the south fitness center.

### Aerobics offers classes

The aerobics center, located in the

main fitness center, offers coed aerobics classes seven days a week.

### Abdominal class

Monday, Wednesday and Friday at 11 a.m.

### Cardio blast

Monday at 7:15 a.m.

### Step aerobics

Tuesday and Thursday at 9:15 a.m.

### Body pump

Monday and Wednesday at 6 p.m.

Tuesday and Thursday at 9:15 a.m.

Thursday and Saturday at 11:30 a.m.

### Yoga and pilates

Monday, Wednesday and Friday at 10:15 a.m.

Tuesday and Thursday at 6 p.m.

Saturday and Sunday at 4 p.m.

### Basic step

Monday, Wednesday and Friday at 7 p.m.

Sunday at 2 p.m.

### Kickboxing

Tuesday and Thursday at 7 p.m.

Sunday at 3 p.m.

### Intermediate step

Monday, Wednesday and Friday at 9:15 a.m. and Saturday at 10:15 a.m.

### Advanced step

Monday and Wednesday at 5 p.m.

### Combo step

Monday, Wednesday and Friday at 11:30 a.m.

## TOPS

For more information, call 855-4308.

### TOPS class

There is a Taking Off Pounds Sensibly class at 6 p.m. Thursdays in Bldg. 962.

## Youth center

For more information, call 6-5395.

### Fit For Fun 2004

The Fit for Fun 2004 program is designed to get children to participate in a more active lifestyle through rewards and recognition.

The program is every day for 9 to 18 year olds at the Madrigal youth center.

# Soldiers run marathon at Afghanistan fire base

By Master Sgt. Terry Anderson  
CJTF-76 Public Affairs Office

### BAGRAM

AIRFIELD, Afghanistan – Running in his first-ever marathon with limited training, 1st Lt. Mike Baskin beat the field Dec. 12 in a race held in the birthplace of the Taliban in southern Afghanistan.

More than 190 service members and civilians completed the "Honolulu Marathon" at Forward Operating Base Ripley.

Runners traveled to FOB Ripley from all over Afghanistan, arriving by helicopter early on the morning of the race.

"I wasn't actually supposed to be here to run it," said Baskin, the acting company commander for A Co., 2nd Battalion, 5th Infantry Regiment. "Our company commander is on leave and I wasn't supposed to leave Forward Operating Base Anacanda, but I worked it out with our battalion commander, and here I am."

Baskin, a 24-year-old California native, finished the 26.2 miles in 3 hours, 12 minutes and 16 seconds, more than 15 minutes ahead of second place runner and friend, Capt. Ian Grinstead.

Spec. Jill Stevens was the first female runner to cross the finish line in 3 hours, 45 minutes, and 20 seconds, placing her seventh overall.

"Capt. Grinstead and I joked with each other on who was going to win the race," Baskin said. "But we all came out and our main goal was to have fun; it's something non-mission-related that we've enjoyed."

Capt. Ivan Hurlburt, a signal officer with 2nd Bn, 5th Inf. Regt., helped organize the race at FOB Ripley, an austere base north of Kandahar.

Hurlburt coordinated with the Honolulu



Runners struggle up "mini-Diamond Head" halfway around Forward Operating Base Ripley in southern Afghanistan.

Marathon Association organizers to get official running numbers, finisher shirts, medals, and the shell lei given to every finisher.

Private organizations donated prizes to the Honolulu Marathon Association for the runners, ensuring no one left Tarin Kowt empty handed. Hurlburt and the rest of the "Bobcats" hosted the marathon and provided all of the logistical support for the race.

Artillerymen from 3rd Battalion, 7th Field

See MARATHON, Page 4B

# SECNAV supports Navy team in Emerald Bowl

Special message from the  
Secretary of the Navy

WASHINGTON (NNS) –The Midshipmen of the U.S. Naval Academy will face off against the Lobos of New Mexico Dec. 30 in the Emerald Bowl at SBC Park in San Francisco. Game time is 1:30 p.m. Pacific.

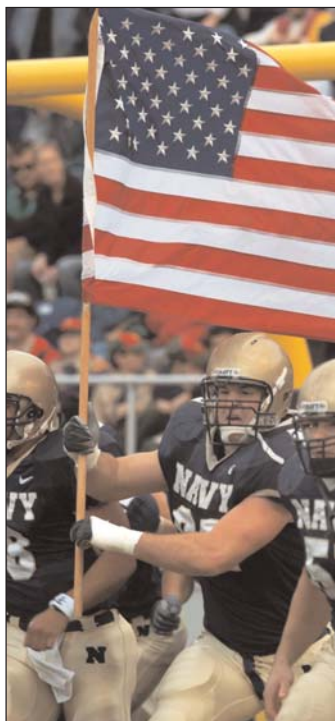
The Midshipmen are coming off a fantastic season with a 9-2 record, the most regular season wins since 1963. The season was capped by a great win over Army and retaining the Commander in Chief's Trophy for the second year in a row. Our Navy/Marine Corps football team is fired up!

Navy football is a standard bearer for the Navy and Marine Corps, and for the second straight year, the Midshipmen will represent our services in a nationally televised bowl game. Our team rarely has an opportunity to play in a bowl game on the west coast or travel there during the season. San Francisco has a reputation as a great Navy town, outstanding liberty port, with supporting our Sailors and Marines for Fleet Week and other key events.

This is a chance to show support for the Navy and Marine Corps by cheering on our team. For Navy and Marine Corps personnel desiring to attend the game, tickets are available and can be purchased through the Naval Academy athletic association by calling 1-800-US4-NAVY.

The game will be televised on ESPN2. More information is available at [www.navyports.com](http://www.navyports.com). Come out and cheer for our Navy team.

Go Navy!



Official U.S. Navy photo of U.S. Naval Academy Midshipman 1st Class Tyson Stahl leading the Navy football team onto the field prior to the start of a regular season game against Rutgers University. Navy will meet New Mexico in the Emerald Bowl Dec. 30.

**Be safe over the holidays.  
Buckle up!**

*For a safe  
ride home,  
call Airmen  
Against Drunk  
Driving at  
676-AADD*

# Globetrotters amaze Naval Station Rota audience

By Photographer's Mate 2nd Class (AW)  
Tim Comerford  
Naval Station Rota Public Affairs

ROTA Spain (NNS) – Naval Station (NAVSTA) Rota, Spain, got a special treat Dec. 5, when the Harlem Globetrotters performed two free shows in their first stop on their current military tour, taking the "stage" at Naval Station Rota's brand new David Glasgow Farragut High School Gym in front of hundreds of adults and children.

The Harlem Globetrotters are going into their 79th year in business. Their coach, "Sweet" Lou Dunbar, has been with them for 27 of those years.

"This is our first show of 11 military shows," Dunbar said. "Our owner, Mannie Jackson, has instructed me to make these games special for the troops. He didn't have to say that. We already knew that was what we were going to do. We are America's team, and we feel great about coming over here."

Although the team has entertained many large audiences, the players looked forward to a small audience.

"To have an intimate setting like this — there is nothing like it," said Dunbar. "The thing we like to do the most is get the kids involved in the show. We like to bring out a little girl or a little guy and get them close to the game."

The game was well received by the crowd at Naval Station Rota.

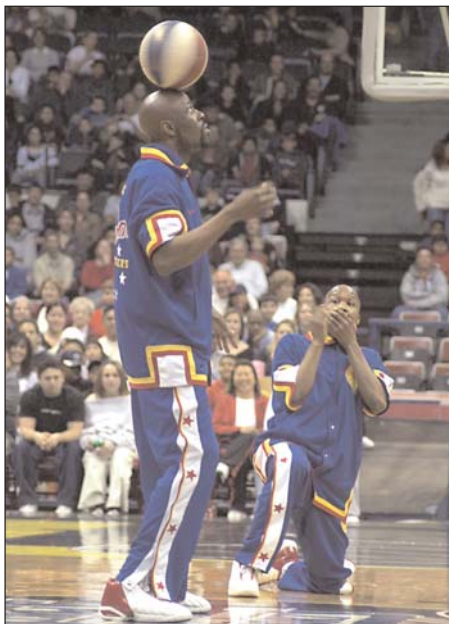
"When the tickets 'sold' out in 40 minutes, we knew that it would be a great turnout," said Capt. John Orem, commander, Naval Activities Spain. "We thank Armed Forces Entertainment and MWR (Morale, Welfare and Recreation) for getting the Globetrotters here."

The audience had its share of laughs at the hijinks of the Globetrotters versus the New York Nationals, and the Globetrotters, as promised, got the children into the game. They gave Michael Deets, son of Marine Corps 1st Sgt. James Deets, shot at a freethrow. Even though it took him a few tries and a little help, he got the basket and was awarded a signed Globetrotters shirt.

The audience enjoyed the show, as adults and kids clapped along with the Globetrotters and watched their amazing stunts of basketball athleticism.

"I thought it was fantastic," said Mike Fain of Commercial Bill Pay Office for NAVSTA's comptroller.

"It was fun," said his son, John. "My favorite part was when they were making fun of the referee."



U.S. Navy photo by Photographer's Mate 3rd Class Johansen Laursen  
John Lane from Hamburg, Ark., a 6-foot-6-inch flamboyant rookie point guard for the "world famous" Harlem Globetrotters, spins a ball on top of his head before a large crowd at the San Diego Sports Arena that included many area military members and their families. The Globetrotters have been entertaining audiences for over 75 years. Famous Globetrotters such as Wilt Chamberlain, Bob Gibson, Mannie Jackson, Reese "Goose" Tatum, Curly Neal, and Meadowlark Lemon have performed for more than 100 million fans in 115 countries.

Chief Interior Communications Electrician (SW) Eugene Tolbert thought it was fantastic also, especially since his cousin, Matt "Showbiz" Jackson, is a frontman for the Harlem Globetrotters.

"I hadn't been paying attention to the upcoming events and just learned he was

coming three days ago," said Tolbert. "When he walked in the door today, I was glad to see him."

The team will be traveling to Naples for their next stop on its tour through Europe and Turkey.



Photo by Lance Cpl. Evan Eagan

Lance Cpl. Michael Boyd, engineer, heavy equipment mechanic, material readiness company, Combat Service Support Battalion 10, is knocked off his jousting post by Sgt. James Hazel, heavy equipment mechanic, material readiness company, CSSB-10, during the Combat Center Challenge Dec. 3 at Victory Field.

## Devil Dawgs compete in Combat Center Challenge

Courtesy of the Marine Corps News Service

MARINE CORPS AIR GROUND COMBAT CENTER TWENTYNINE PALMS, Calif. – More than 3,500 Marines and Sailors participated as Marine Corps Community Services Sports held its second annual Combat Center Challenge Dec. 3 at Victory Field.

Marines competed head-to-head during the challenge with nine units, 2nd Battalion, 7th Marines; Headquarters Battalion; 1st Tank Battalion; Marine Corps Communications-Electronics School; 3rd Battalion, 11th Marines; Marine Wing Support Squadron 374; Combat Service Support Battalion 10; Robert E. Bush Naval Hospital; and 3rd Battalion, 7th Marines participating in the event.

"We do this to promote competition above the base," said Maj. Matthew Baker, deputy director, MCCS. "Competition breeds camaraderie and esprit de corps. We also do it to serve as a salute to the Marines and Sailors participating in the Global War on Terrorism."

The challenge, which allowed units to have four teams in each event, consisted of basketball, sand volleyball, a biathlon, an ironman physical fitness test, a corpsman challenge, a Hunneville pull, a tug-of-war competition and an M-16A2 relay.

A climbing wall, an inflatable jousting pit, and an inflatable obstacle course were set up for those who were not competing in an event.

A free barbecue was held, with many civilian sponsors donating supplies, time and effort. General Motors supplied more than 1,500 pounds of meat, while the California Barbecue Association and the American Veterans provided charcoal, grills and master barbecuers, who showed up Thursday night and barbecued through the morning.

The winner of the challenge was the team with the most points at the end of the day. Teams received points for placing first through eighth in an event, with first place receiving 80 points, second place receiving 70 points, and third place receiving 60 points.

MCCES won the volleyball tournament by beating 1st Tank Battalion in the championship game. The format was a best-of-three, rally point to 15, single-elimination tournament.

CSSB-10 won the biathlon, which consisted of rifle shoot at the rifle range and a run with a flak jacket on and a rifle in hand to Victory Field.

First Tank Battalion won the corpsman event. In this event, four-man teams of corpsmen did a fireman's carry 40 yards, four times, and then carried a "patient" on a stretcher 40 yards, four times as well.

First Tank Battalion, the defending champions, also won the M-16A2 relay and the ironman physical fitness test, en route to their second straight Challenge victory.

Although the challenge was all about fun and games, there was also a very important message being delivered by members of the Naval Hospital, counseling services and the Provost Marshal's Office. Tables were set up with information dealing with health, illegal drugs and drunk driving.

See CHALLENGE, Page 4B

## Falcons blank American International, 2-0

Courtesy of the Air Force Academy athletic department

SPRINGFIELD, Mass. – Sophomore Peter Foster recorded his nation's best fifth shutout of the season to lead Air Force to a 2-0 win over American International in a non-conference college hockey game Saturday, Dec. 11, at the Olympia Ice Center in Springfield, Mass.

The Falcons swept the two-game series and improved to 9-5-2 overall. AIC fell to 1-9-1. Air Force has now won seven of its last eight games. The series swept set a new school record at 14:51 of the first period, with road sweeps this season.

The Falcons are now 7-1-2 on the road this season. The seven road wins ties as the second most in school history.

Foster's fifth shutout of the season ties the school record set by Marc Kielkucki in 1998-99. He now has six for his career.

"We played a pretty complete game," head coach Frank Serratore said. "The only frustration we had was that we didn't put the puck in the net more. This was a sound 2-0 beating. The outcome was never in doubt, but AIC stayed close enough that we could not get comfortable."

Air Force opened the scoring at 14:51 of the first period. Andrew Ramsey won the face-

off and Brandon Merkosky's one-timer from the slot beat Frank Novello top shelf, stick side. AFA out-shot AIC, 17-2, in the first period. Merkosky's goal was the eventual game-winner, his first career game-winning goal.

In the second period, Brian Gino's fifth goal of the season gave the Falcons a two-goal lead at the 8:11 mark. On the power play, the Falcons created a flurry in front of the net and Gino scored from Matt Charbonneau and Eric Ehn.

The Falcons out-shot AIC, 15-6, in the third period but neither team scored. AIC pulled its goal-tender with 36 seconds remaining and had just one shot on net.

Air Force out-shot AIC in two of the three periods and held a 40-17 advantage in the game. The Falcons were 1-for-8 on the power play while AIC was 0-for-6. Foster made 17 saves for the Falcons, Novello made 38 for AIC, including 15 in the third period.

"We had a great run in the first half of the season," Serratore said. "We have had to overcome a lot of adversity with injuries and suspensions and we have a very young team. Overcoming all that is what made this so rewarding. The wins have not come easy. The difficulty of our schedule increases greatly in the second half of the season."

## MARATHON

Continued from Page 2B

Artillery regiment fired the artillery cannon that began the race. Engineers from the 65th Engineer Battalion assisted in flattening the run route prior to the race.

The runners had to run the perimeter of the base five times, battling a hill dubbed "mini-Diamond Head" halfway around the airfield. An unexpected rain shower the night before kept the dust down, but made parts of the course muddy. The base is at 4,400 feet in elevation and the thin mountain air presented a challenge to the runners.

"That's just part of the beauty of running here in Afghanistan," Hurlburt said. "It's a little more difficult than your average marathon, and it's a little more exciting, we think."

Adding to the tension was the possibility of attack by insurgents — attacks that never materialized.

The run course consisted of gravel and rock, adding to the race's difficulty. Palm trees made of wood decorated the run route to remind the service members of their home in Hawaii, help-

ing the runners to endure the grueling monotony of the marathon.

"Running a marathon in Afghanistan is interesting," said a Stevens, a Soldier with 1st Battalion, 211th Aviation Regiment, running in her fifth marathon. "It is a combat zone and you've got to be careful where you step, but I'll be proud and honored to finish a marathon in Afghanistan."

Holding a successful marathon in an area that was once the home of Taliban founder Mullah Omar seemed an unreachable goal just eight months ago, when the "Bobcats" deployed to Afghanistan, organizers said.

"It's a testament to the Soldiers and the Marines, and the work that we've done here, especially in this province," Hurlburt said. "When we got here there was literally nothing on the ground, except a flight line. We've built this area up to a point where we can actually hold an event like this. We're real proud of that."

at a club and someone can slip a pill in their drink, and they wouldn't even know it. I think that being here today has had a very positive impact on them."

The Provost Marshal's Office displayed a car that was involved in a drunken driving accident. Throughout the day Marines and Sailors viewed the mangled vehicle, which was in a trailer along with pictures and a detailed description of the accident.

"One of the main reasons we held this challenge is because it is a great opportunity to remind Marines and Sailors that prevention is an important part of mission readiness," said Baker. "The prevention program is a force multiplier."

At the conclusion of the day's events commanding general Brig. Gen. Richard C. Zilmer presented 1st Tank Battalion with their second CC Challenge 1st-place trophy.



Photo by Master Sgt. Val Gempis

Helping people be "their old self again" is one thing Staff Sgt. Shizuka Sanford likes about her job as a physical therapist. But sometimes, she said, the help she provides can be like torture for patients — even testing tough Marines like Gunnery Sgt. Robert Hall.

## Sergeant finds solace in helping heal others

By Master Sgt. Val Gempis  
Airman Magazine

Staff Sgt. Shizuka Sanford knows she made the right choice when she crossed into the blue.

Seven years ago she tried to finance her way through college. But she didn't earn enough to pay her rent and tuition working at fast-food restaurants and selling kid's clothes at a mall. Plus, she hated her dead-end jobs.

Broke and with her bills piling up, she couldn't even afford a car. So each day she rode her bicycle to school — an almost one-hour trip. She was miserable.

"I worked long hours," she said. "And I was always sick." Her prospects seemed dim.

But with her step-father's urging, she joined the Air Force. It was the right decision, she said.

Today, Sergeant Sanford is a physical medicine technician with the 374th Medical Group, Yokota Air Base, Japan. She doesn't worry about money or her health anymore. Instead, she's delighted to be part of what she calls one of the most rewarding careers in the military.

"Joining the Air Force is the best thing that ever happened to me," she said. "I love my job. And I'm making a difference."

Physical medicine technicians help patients regain physical functions after illness or injury. They work hand-in-hand with a physical therapist to improve a patient's mobility, reduce their pain and prevent or limit permanent physical disabilities. Their patients include people suffering from lower back pain, arthritis, heart disease, fractures, head injuries and cerebral palsy.

But, Sergeant Sanford said, "Progress here doesn't happen overnight." The physical flight medicine staff measures every gain in days, weeks and sometimes months of painstaking labor. So it affords a warm and supportive environment to help patients become "their old self again."

Still some patients consider physical medicine as a torture chamber intended to inflict pain. Some patients have yelled, screamed and even cursed Sergeant Sanford. Others affectionately call her "Sergeant Pain" or "Doctor Hurt." Some crowned her the "queen of torture."

The sergeant takes the commentary in stride. And though she's tenderly reviled by

some, one of her patients said the petite technician "is the most caring, hardest working and highly motivated" Airman she's met. "She makes us do our best to help us get better faster," the patient said.

Sergeant Sanford knows about "doing your best." She grew up on Okinawa, Japan, with her Japanese mother and Marine stepfather. She spent most of her childhood attending local schools.

"I was more Japanese than American," she said. "I hardly spoke English."

She then transferred to Kubasaki High School, a Department of Defense school at Camp Foster, Okinawa. After graduation her parents moved to the States. Sergeant Sanford stayed to go to college and, for a couple of years, tried to make ends meet. Then she joined the Air Force.

She didn't know anything about physical medicine.

"I was clueless," Sergeant Sanford said. To make things worse, her limited English didn't allow her to understand some things her technical school instructors were saying.

"I didn't even know the meaning of anatomy," she said. "I had to take a medical dictionary everywhere I went."

Struggling, she didn't think she'd make it halfway through training. But she had a burning desire to succeed. So she studied harder and longer, sometimes falling asleep on her books.

"I pushed myself to the limit," she said.

The hard work and perseverance paid off. Today, she preaches that valuable lesson to her patients. And she hasn't slowed. During her short career, she's been chosen physical therapy apprentice of the year in Air Force Materiel Command, and Airman of the year at her medical group at Kirtland Air Force Base, N.M. And she earned her Community College of the Air Force degree.

"The Air Force gave me the chance to excel," she said. "And now I have a great life."

But individual achievement is not what physical medicine is about, she said. Sergeant Sanford cherishes the everyday "little victories" at her clinic. Seeing someone take a step when they couldn't even stand the day before is what makes her job so special.

"I enjoy helping people. It makes me feel happy," she said.

Sergeant Sanford has a car now. And she can buy what she wants. She's also fulfilling her ambition of going to school, something that has always been a dream. Not any more.

"I'm getting closer and closer to earning my degree in sports medicine," she said.